





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy April Fools' Day</p>	<p>10:30 Video Exercise 11:45 Word Search 1:00 Hula Hoop Contest <small>All Fools' Day</small></p>	<p>9:00 Strength Training CENTER CLOSED</p>	<p>11:00 Bingo 1:00 Bowling at Shenandoah Lanes</p>	<p>9:00 Strength Training 11:00 Crochet Group</p>	<p>Wal-Mart Shopping Trip 10:00 – 3:00</p>	<p>Department of Aging Bus Trips</p>
<p>7</p>	<p>10:30 Video Exercise 1:00 Bowling Contest</p>	<p>9:00 Strength Training CENTER CLOSED</p>	<p>11:00 "Ask Nurse Steve" Is Frail really a diagnosis? 12:45 Bingo</p>	<p>9:00 Strength Training 11:00 Food Safety in the home w/Kitty</p>	<p>10:30 Video Exercise 1:00 Local Shopping</p>	<p>National Geographic Museum Friday, April 19 Toby's Dinner Theatre Wednesday, April 24</p>
<p>14</p>	<p>10:30 Video Exercise 11:45 Trivia 11:00 Walk the Mall</p>	<p>9:00 Strength Training CENTER CLOSED</p>	<p>11:00 Lunch out with Friends 1:00 BINGO at Brunswick House</p>	<p>9:00 Strength Training 11:00 Crochet Group 6:00 Dinner & Dance</p>	<p>10:30 Video Exercise 1:00 Shop Dollar Store</p>	
	<p>10:30 Video Exercise <u>EARTH DAY</u> 1:00 Nature trail walk <small>Earth Day</small></p>	<p>9:00 Strength Training CENTER CLOSED</p>	<p><u>Volunteer Appreciation Day</u> 9:00 Breakfast at Roy's</p>	<p>9:00 Strength Training 11:00 Crochet Group 1:00 Walk on the Tow Path</p>	<p><i>Arbor Day</i> 10:30 Video Exercise <small>Arbor Day (US)</small></p>	<p>27</p> 
<p>28</p>	<p>10:30 Video Exercise 11:45 Nutrition Minute</p>	<p>9:00 Strength Training CENTER CLOSED</p>	 <p>APRIL 2013 BRUNSWICK SENIOR CENTER</p>			